What is claimed is:

1 A method of manufacturing an optical element, comprising:

press molding a heat-softened molding material in a pressing mold to form an optical element of desired shape, and

forming an antireflective film on the surface of the optical element obtained,

wherein the antireflective film is formed on the optical element having a surface free energy of greater than or equal to 60 mJ/m^2.

2 The method of manufacturing according to claim 1, wherein the method further comprises, prior to the forming of the antireflective film, a step in which the surface free energy of the optical element obtained by press molding is increased to greater than or equal to 60 mJ/m^2.

3 The method of manufacturing according to claim 1 or 2, wherein the optical element having surface free energy of greater than or equal to 60 mJ/m^2 is obtained by subjecting the optical element obtained by press molding to wet cleaning, UV ozone cleaning, or plasma cleaning.

4 A method of manufacturing an optical element, comprising:

press molding a heat-softened molding material in a pressing mold to form an optical element of desired shape, and

forming an antireflective film on the surface of the optical element obtained,

wherein the optical element is subjected to UV ozone cleaning, or plasma cleaning prior to forming the antireflective film.

5 The method of manufacturing according to claim 1, wherein the optical element obtained by press molding is stored in a clean atmosphere with a cleanliness class of less than or equal to 1,000 until formation of the antireflective film.

6 The method of manufacturing according to claim 4, wherein the optical element obtained by press molding is stored in a clean atmosphere with a cleanliness class of less than or equal to 1,000 until formation of the antireflective film.

7 The method of manufacturing according to claim 1, wherein the molding material has a carbon-containing film on an outer surface thereof.

8 The method of manufacturing according to claim 4, wherein the molding material has a carbon-containing film on an outer surface thereof.